

## Additional Nutrition Resources (Websites)

- **2005 Dietary Guidelines Advisory Committee Report**  
<http://www.health.gov/dietaryguidelines/dga2005/report>

This report serves as the basis for the sixth edition of Nutrition and Your Health: Dietary Guidelines for Americans.

- **4 Girls Health**  
[www.4girls.gov](http://www.4girls.gov)

This Web site developed by the Office on Women's Health in the Department of Health and Human Services gives girls between the ages of 10 and 16 reliable, current health information. The site focuses on many health topics that respond to adolescent girls' health concerns and motivates girls to choose healthy behaviors using positive, supportive and non-threatening messages.

- **5 A Day Cookbook**  
<http://www.cdc.gov/nccdphp/dnpa/5aday/recipes/index.htm>

Are you looking for tasty, creative ways to eat fruits and vegetables? Try the new 5 A Day cookbook which includes over 500 colorful, mouth watering recipes. Search for a recipe by using keywords such as quick and easy, low calorie, vegetarian, or by specific fruit or vegetable used. You will find several types of cuisines like French, Greek, Italian, Mexican and Asian and you can search by type of meal or course. Each recipe includes a complete nutrition analysis and meets the 5 A Day guidelines for low sodium (less than 480 mg) and low fat (less than 30%) per serving.

In addition, every recipe contains at least one serving of fruit or vegetables.

- **American Cancer Society\***  
<http://www.cancer.org>
- **American College of Sports Medicine\***  
[www.acsm.org](http://www.acsm.org)
- **American Dietetic Association\***  
<http://www.eatright.org>

The American Dietetic Association (ADA) is the nation's largest organization of food and nutrition professionals. ADA is also the sponsor of National Nutrition Month®. The link to access National Nutrition Month® materials available from ADA is

[http://www.eatright.org/Public/NutritionInformation/92\\_11422.cfm](http://www.eatright.org/Public/NutritionInformation/92_11422.cfm)

- **American Heart Association (Healthy Lifestyle)\***  
[www.americanheart.org/presenter.jhtml?identifier+1200009](http://www.americanheart.org/presenter.jhtml?identifier+1200009)
- **American Physical Therapy Association\***  
[http://www.apta.org/am/template.cfm?section+healthy\\_living](http://www.apta.org/am/template.cfm?section+healthy_living)
- **BAM!**  
<http://www.bam.gov>

This site was created by the Centers for Disease Control and Prevention (CDC) to answer kids' questions on health issues and recommend ways to make their bodies and minds healthier, stronger, and safer.

- **Beef Nutrition\***

[www.beefnutrition.org](http://www.beefnutrition.org)

This site is specifically for health professionals, nutrition communicators, and nutrition and health media.

- **Brainpop.com\***

<http://www.brainpop.com>

This unique, award-winning Health, Science and Technology content is based on original, animated movies created to explain the human body and the world around us in an engaging, interactive journey for kids.

- **Centers for Disease Control**

Of particular interest to nutrition professionals are the following web sites:

Diabetes Clip Art: <http://www.cdc.gov/diabetes/pubs/gallery.htm>

Nutrition Topics: <http://www.cdc.gov/nccdphp/dnpa/nutrition.htm>

Physical Activity: <http://www.cdc.gov/nccdphp/dnpa/physical/index.htm>

Physical Activity for Seniors

[http://www.cdc.gov/nccdphp/dnpa/physical/recommendations/older\\_adults  
.htm](http://www.cdc.gov/nccdphp/dnpa/physical/recommendations/older_adults.htm)

- **Center for Nutrition Policy and Promotion (CNPP)**

<http://www.usda.gov/cnpp>

The USDA CNPP links scientific research with the nutritional needs of the American public. Dietary guidelines, the food pyramid, and recipes are among the resources available on this site.

- **Center for Young Women's Health\***

<http://www.youngwomenshealth.org>

The Center for Young Women's Health offers health information, clinical care, and a variety of programs and services designed to educate and empower girls and young women ages 12 – 22.

- **Children, Youth and Families Education and Research Network\***

[www.cyfernet.org](http://www.cyfernet.org)

This site provides practical research-based information from the nation's leading universities.

- **CNN.com Health Library\***

<http://www.cnn.com/HEALTH/library/fitness>

- **Delicious Decisions\***

<http://www.deliciousdecisions.org>

The American Heart Association's nutrition Web site is dedicated solely to nutrition. It offers nutrition basics, a tailored cookbook for those with heart

disease or looking to prevent heart disease, helpful tips for eating out and supermarket shopping, and a special section on maintaining a healthy diet.

- **Dietary Guidelines for Americans 2005**  
<http://www.healthierus.gov/dietaryguidelines>
- **Dietary Supplements** (Food and Drug Administration)  
<http://www.cfsan.fda.gov/~dms/supplmnt.html>
- **Eat Smart...Play Hard** – This 12 week program developed at MacDill Air Force Base is taught at the Health and Wellness Center (HAWC). It has an interactive web site ([http://macdillafb.bestofhealth.com/Hawc/Eat\\_smart/](http://macdillafb.bestofhealth.com/Hawc/Eat_smart/)) that can be used by program participants or others to obtain weight management information. The web site also contains information on exercise and behavior modification.

For more information, contact Joan Craft, Health Promotion Manager, MacDill HAWC, DSN 968-4739 or Commercial 813-828-4739.

- **Food and Nutrition Information Center** (United States Department of Agriculture)  
[www.nal.usda.gov](http://www.nal.usda.gov)

This site compiled by the U. S. Department of Agriculture's Food and Nutrition Information Center allows for searching food and nutrition topics in both simple and detailed ways.

- **Food Safety and Inspection Service** (United States Department of Agriculture)  
<http://www.fsis.usda.gov>

- **Healthfinder®**  
<http://www.healthfinder.gov>

This site, a service of the National Health Information Center, U.S. Department of Health and Human Services, provides health news and reliable health information.

- **Health Information Technology System/Hooah 4 Health**  
<http://www.healthits.us>  
<http://www.hooah4health.com>

These sites provide a unique interactive Web-based approach to Force Health Protection and Personal Readiness. Soldiers and their families are connected to health information and disease prevention via the Internet as they assume self-responsibility for their health and fitness.

- **Home Food Safety...It's in Your Hands\***  
<http://www.homefoodsafety.org>

The American Dietetic Association and ConAgra Foods Foundation developed this online consumer-education program. The site offers statistics and information on safe food handling to prevent food poisoning and includes information on how to calculate the shelf life of leftovers.

- **My Pyramid Tracker**  
<http://www.mypyramidtracker.gov/>

This site can be used to track your food intake so you can find out how many calories you are consuming daily.

- **Inventory of Qualitative Research** (National Center for Chronic Disease Prevention and Health Promotion)  
[www.cdc.gov/nccdphp/dnpa/qualitative\\_research](http://www.cdc.gov/nccdphp/dnpa/qualitative_research)

This site provides basic information about qualitative studies that have been conducted in nutrition, physical activity, and other related fields. It can be used to find research studies, gather ideas, and share information.

- **Milk Matters – Kids and Teens**  
<http://www.nichd.nih.gov/milk>

This site, hosted by the National Institute of Child Health and Development of the National Institutes of Health, provides games and activities to help children and young teens learn more about calcium, and why it is important for strong bones and healthy teeth.

- **National Heart Lung and Blood Institute (NHLBI) High Blood Pressure Education Program**  
[www.nhlbi.nih.gov/about/nhbpep](http://www.nhlbi.nih.gov/about/nhbpep)

This Web site contains special pages and educational materials for health care professionals, patients, and the public. Of special interest to the nutrition professionals are the following online tools:

Create a Diet: <http://www.nhlbisupport.com/chd1/create.htm>

- **National Institutes of Health**

[http://hp2010.nhlbihin.net/oei\\_ss/menu.htm](http://hp2010.nhlbihin.net/oei_ss/menu.htm)

Portion Size PowerPoint I and II and Clinical Guidelines: Evaluation and Treatment of Overweight and Obesity in Adults Slide Show

Note: The Portion Size PowerPoint presentations are available in the Presentations section of the resource packet.

- **National Women's Health Information Center**

[www.WomensHealth.gov](http://www.WomensHealth.gov)

The new home page design includes an enhanced search function and new features that are easier to navigate. The entire Web site can be searched for a specific word or health topic. This site includes a National Women's Health Indicators Database (NWHID). The database contains extensive health data from the year 2000 for the entire United States and will be updated on a yearly basis. National, regional, state and county data are available and the data can be stratified by gender, race/ethnicity, and age concurrently. Access is free, and users can make their own tables and graphs out of any data in the database.

This site also contains 4 Girls Health where girls ages 10 – 16 can find information on fitness, nutrition, stress management, disabilities, chronic illness and more at <http://www.4girls.gov>



- **Nutrition and Your Health: Dietary Guidelines for Americans and new Food Guide Pyramid**

<http://www.health.gov/dietaryguidelines/>

<http://mypyramid.gov>

The Dietary Guidelines provide easily understood, science-based information on how Americans can choose diets that promote good health.

- **Nutrition Explorations** (National Dairy Council)\*

[www.nutritionexplorations.org](http://www.nutritionexplorations.org)

This is a fun and easy site that can be used to teach and learn nutrition. It includes fun food games for children and materials for educators, parents, and school food service staff.

- **Nutrition.Gov**

<http://nutrition.gov>

This web site sponsored by the Department of Health and Human Services (DHHS) and the United States Department of Agriculture (USDA), provides easy access to the best food and nutrition information from across the federal government and educational institutions. Users can find practical information on healthy eating, dietary supplements, fitness and how to keep food safe. The site is kept fresh with the latest news and features links to interesting sites.

- **Office of Dietary Supplements** (National Institutes of Health)

<http://dietary-supplements.info.nih.gov>

- **President's Council on Physical Fitness and Sports**

<http://www.fitness.gov>

- **Shape Up America!\***

<http://www.shapeup.org>

Shape Up America is a nonprofit organization dedicated to helping individuals achieve and maintain a healthy weight for life.

- **Shape Your Future Your Weigh (Air Force)**

<http://www.airforcemedicine.afms.mil/shapeyourfuture>

This online community web site is an excellent resource to use for weight management education.

- **Shaping America's Youth\***

[www.shapingamericasyouth.com](http://www.shapingamericasyouth.com)

This site includes a searchable program database and provides information about meetings and events, funding opportunities, new research and childhood obesity resources. The Shaping America's Youth (SAY) summary report includes information submitted by over 1200 programs and organizations.

- **Smart-Mouth.org\***

<http://www.cspinet.org/smartmouth>

Hosted by the Center for Science in the Public Interest (CSPI), this fun, interactive site is designed to help children learn about nutrition. There are quick facts (called “Snacktoids”), recipes, articles, video clips, and games all designed to promote healthy eating habits.

- **Surgeon General's Call to Action**

<http://www.surgeongeneral.gov/topics/obesity>

This site provides the complete version of the Surgeon General's Call to Action to Prevent and Decrease Overweight and Obesity.

- **Weight Control Information Network (WIN)**

<http://win.niddk.nih.gov/notes/index.htm>

WIN is an information service of the National Institute of Diabetes and Digestive and Kidney Disease (NIDDK), National Institutes of Health (NIH). Established in 1994, WIN provides the general public, health professionals, the media, and congress with up-to-date, science-based information on obesity, weight control, physical activity and related nutritional issues. WIN also developed the Sisters Together: Move More, Eat Better national initiative to encourage Black women to maintain a healthy weight by becoming more physically active and eating healthier foods.

- **What's in the Foods You Eat Search Tool**

<http://www.ars.usda.gov/foodsearch>

This Web site provides online search capability to nutritional information for 13, 000 typical foods that Americans eat every day. The search tool

has now been expanded to include a downloadable version that can be saved on a laptop computer.

- **Wheat Foods Council\***

<http://www.wheatfoods.org>

The Wheat Foods Council is a national nonprofit organization formed to help increase awareness of dietary grains as an essential component to a healthy diet. It provides news and tips on how and why to enjoy more grain foods for better health to include presentations, Gallop survey results, white papers, nutrition kits, symposium proceedings and graphics, many of which are in PDF format for easy downloading. Information or graphics included on the Web site may be used for educational purposes as long as the information is not altered. The information cannot be used for advertising.

- **Women, Infants and Children (WIC) Learning Online (WLOL)**

[www.nal.usda.gov/wicworks](http://www.nal.usda.gov/wicworks)

This site includes a free, Web-based course available from the WIC Works Resource System. The American Dietetic Association has approved this course for 4 CPE hours for Registered Dietitians.

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